

**CLAIMS**

What is claimed is:

5    1. A lifting tool comprising:  
      a handle;  
      a lifting tool head;  
      a means for slidably mounting the shingle lifting head on the handle such that the  
      shingle lifting head slides with respect to the handle between an extended position and a  
      compressed position; and  
      a means for biasing the shingle lifting head towards the extended position.

10    2. The lifting tool of claim 1 wherein the handle includes a proximal end, an elongate body,  
      and a distal end, the proximal end having a generally U-shaped mounting bracket that  
      mounts a traverse gripping bar.

15    3. The lifting tool of claim 2 wherein distal end of the handle includes an elongate internal  
      cavity extending into the elongate body, and wherein the lifting tool head has a mounting  
      rod extending upwardly from the lifting tool head, the mounting rod being adapted to  
      slidably engage the elongate internal cavity for slidably mounting the lifting tool head  
      upon the handle such that the lifting tool head slides with respect to the handle between  
      an extended position and a compressed position.

4. The lifting tool of claim 3 further comprising a mounting bolt adapted to be positioned through a mounting slot of the mounting rod and a mounting aperture of the elongate body to lock the mounting rod within the elongate internal cavity.
5. 5. The lifting tool of claim 1 wherein the lifting tool head is a shingle lifting head.
6. The lifting tool of claim 1 wherein the means for biasing is a coil spring

7. A shingle lifting tool comprising:

a handle having a proximal end, an elongate body, and a distal end, the distal end having an elongate internal cavity extending into the elongate body;

5 a shingle lifting head having a mounting rod extending upwardly from the shingle lifting head, the mounting rod being adapted to slidably engage the elongate internal cavity for slidably mounting the shingle lifting head upon the handle such that the shingle lifting head slides with respect to the handle between an extended position and a compressed position;

10 a coil spring adapted to fit around the mounting rod and bias the shingle lifting head towards the extended position; and

15 a means for anchoring the mounting rod within the elongate internal cavity so that the mounting rod does not fall out of the elongate internal cavity.

8. The shingle lifting tool of claim 7 wherein the means for anchoring is a mounting bolt adapted to be positioned through a mounting slot of the mounting rod and a mounting aperture of the elongate body to lock the mounting rod within the elongate internal cavity.

9. The shingle lifting tool of claim 7 wherein the mounting rod have a rectangular cross-section.